

Halogen Cooking Made Simple

The complete guide to successful cooking with halogen ovens. Starters, main courses and desserts, with easy to follow steps and photographs to show you the way.



by Paul Brodel & Dee Hunwicks



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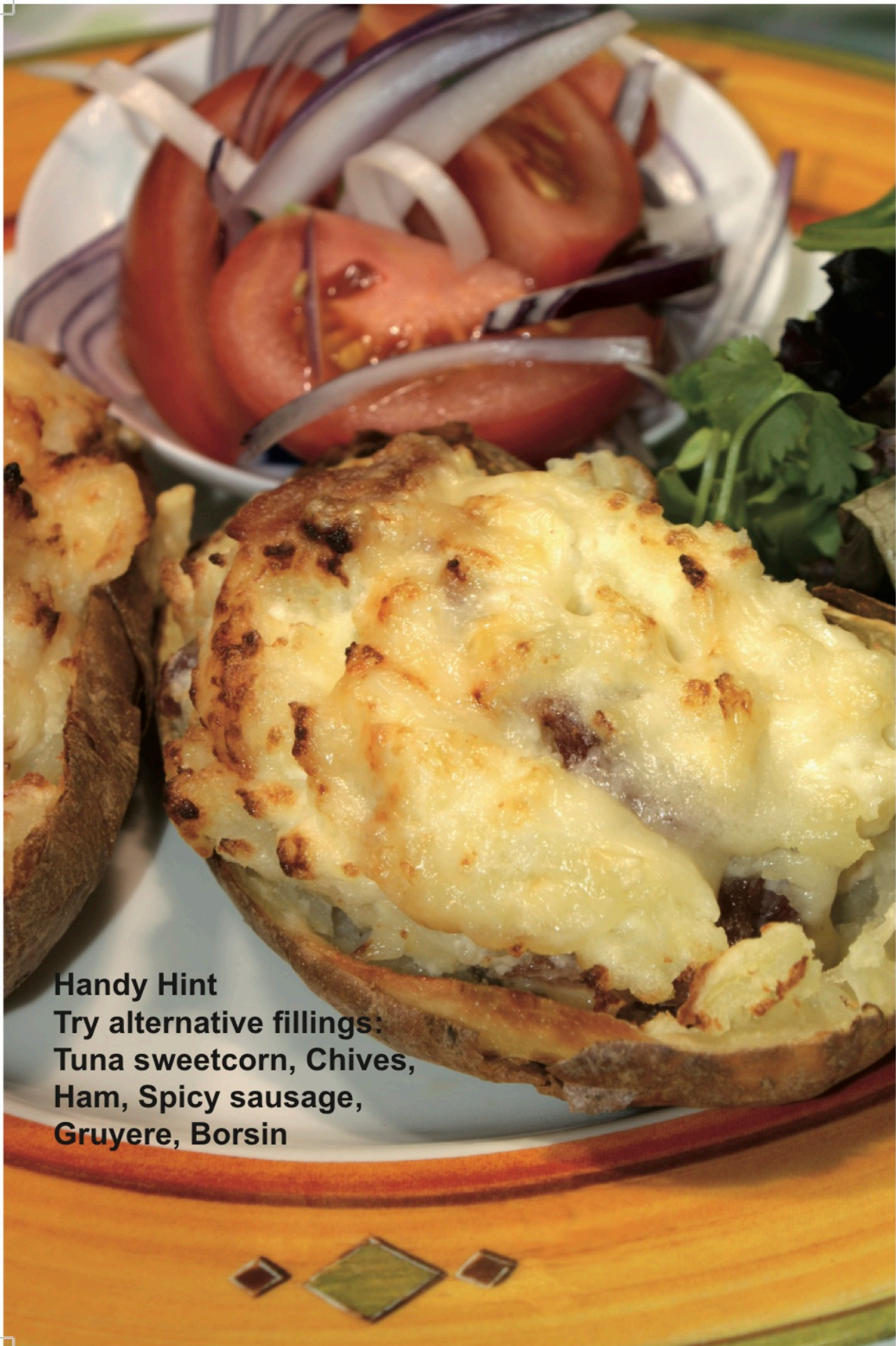
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Handy Hint
Try alternative fillings:
Tuna sweetcorn, Chives,
Ham, Spicy sausage,
Gruyere, Borsin

Starter / appetizer

Stuffed Potato Skins

Ingredients

2 medium baking potatoes
2 tbsp cream cheese
2 rashers bacon sliced into strips
2 tbsp grated gruyere
Serves 2

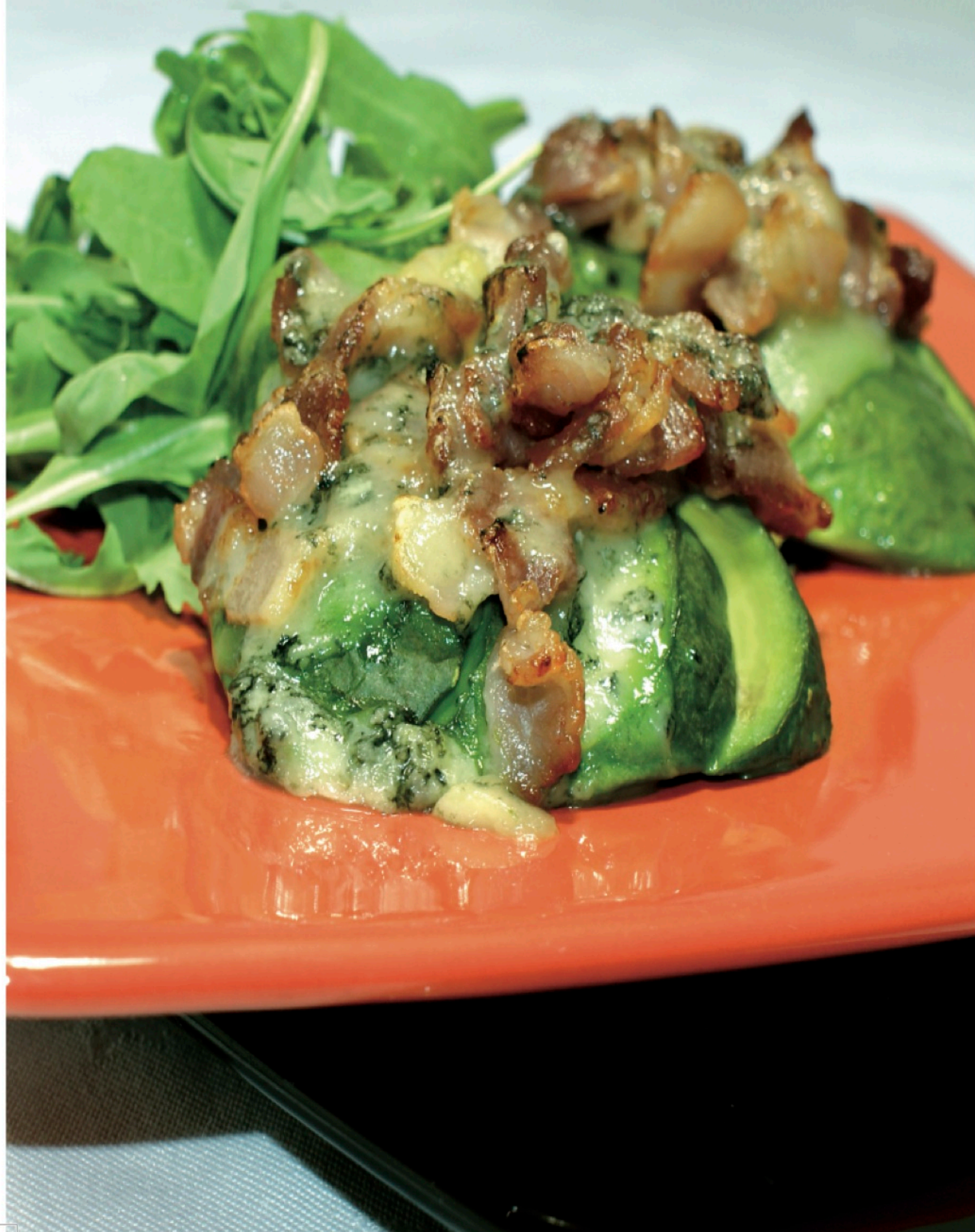


Method

1. Cook the baking potatoes in on high heat on lower rack the halogen oven for 45 minutes or until cooked turning regularly.
2. Once cooked, take out and place the bacon on a round tray on high heat 250°C / 500°F on the high rack until brown and crisp.
3. While this is cooking, slice the potatoes in two halves, scoop out the inside into a bowl. Add the cream cheese, cooked bacon and season to preference and mix. Scoop back into the potato shells, and place on the round tray. Cover in grated gruyere.
4. Place in the halogen oven on high rack on high heat, 250°C / 500°F until golden brown. (If using a regular oven pre-heat and cook as per method).

Handy Hint

You can use your preferred cheese instead of stilton.



Starter / appetizer

Avocado Fans with Bacon and Stilton

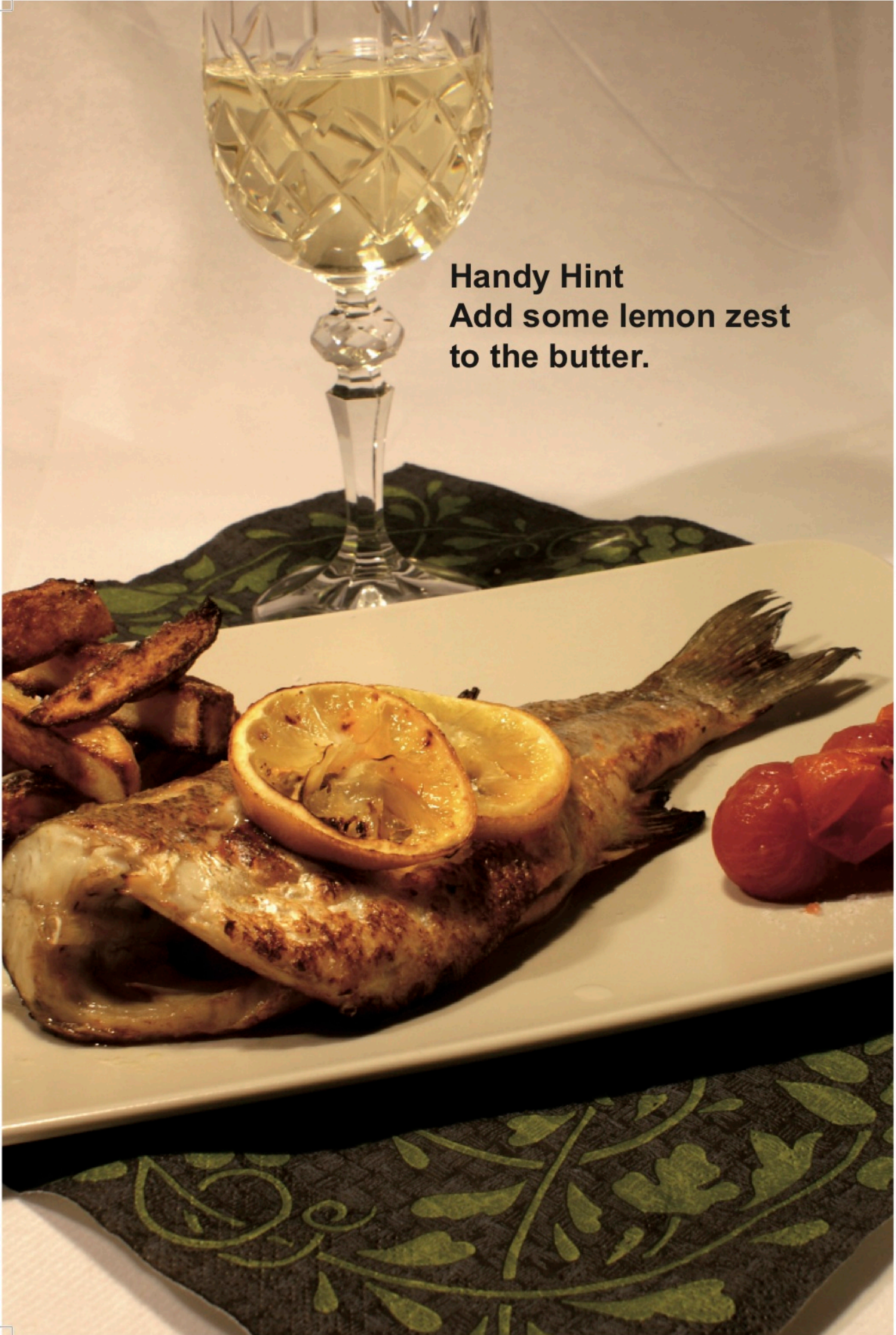
Ingredients

2 ripe avocado
50g 2 oz stilton
3 streaky bacon rashers
Rocket leaves to garnish
Serves 2 / 4



Method

1. Cook chopped bacon under the grill for 5 minutes until crispy on full power.
2. Peel and fan avocados and place on oven dish.
3. Place stilton and bacon on top of avocado and cook on high rack at 240°C / 500°F for 5 minutes until cheese is bubbling.
4. Serve with crusty bread and rocket / arugula salad.
(When using a regular grill make sure you pre-heat the grill and follow as per instructions.)



Handy Hint
Add some lemon zest
to the butter.

Posh Fish and Chips

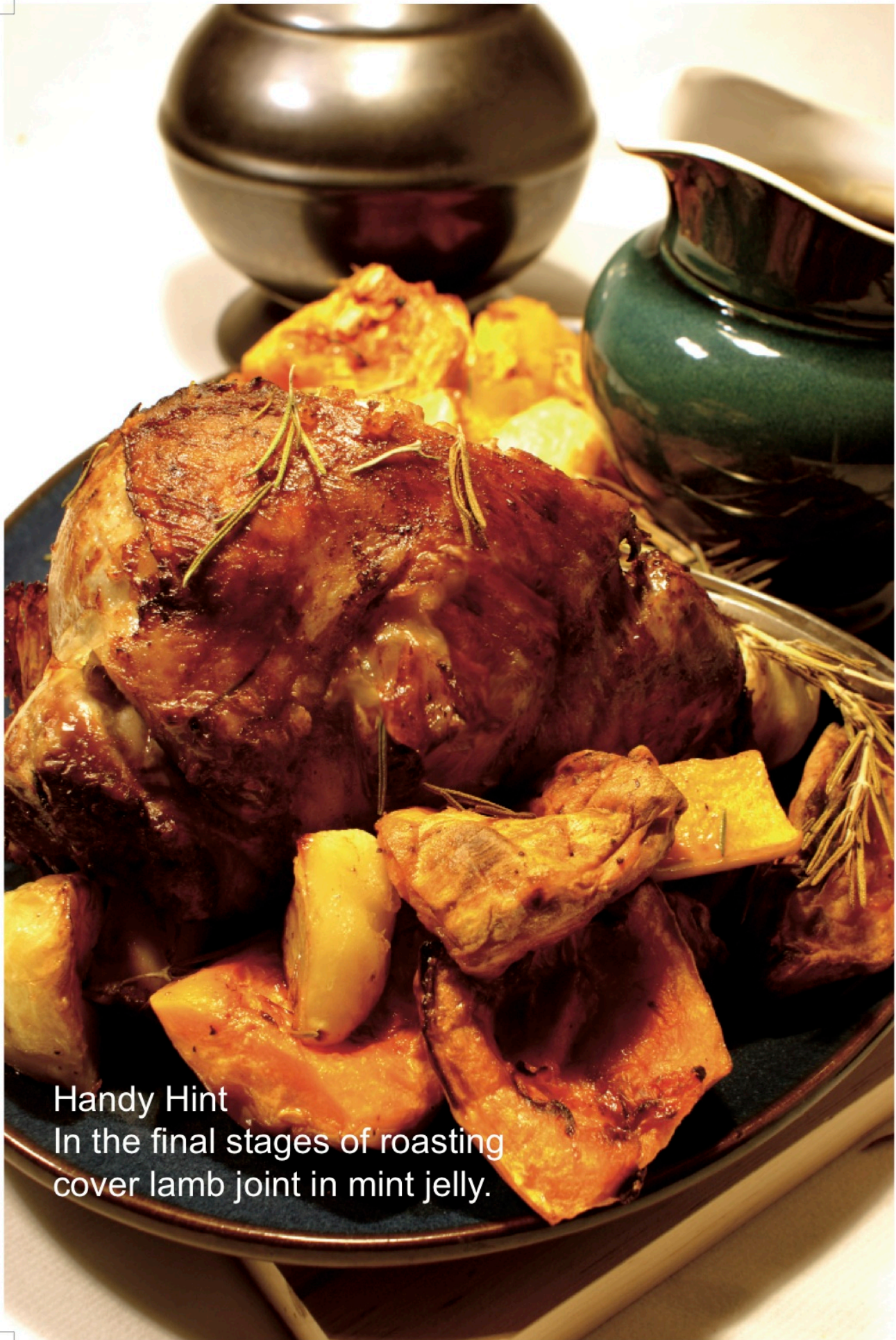
Ingredients

1 sea bass fillet
1 lemon
1 tsp dried dill
1 tsp parsley, chopped
1 potato (cut into chips)
50g butter
Pinch sea salt
Serves 1



Method

1. Mix parsley with chopped butter and dill.
2. Score the fillet twice and fill with the butter, parsley and dill.
3. Cover potato chips in oil and season.
4. Place chips on a baking tray for 13 minutes on high rack at high heat 250°C / 500°F, turning every 4 minutes.
5. Place fish on same tray and cook for 6 minutes each side or until cooked, not forgetting to turn chips.
6. Serve with slightly grilled skinned cherry tomatoes.
(When using a regular oven, pre-heat first and follow as per instructions, until cooked.)



Handy Hint
In the final stages of roasting
cover lamb joint in mint jelly.

Main / Entrée

Leg of Lamb with Rosemary and Garlic

Ingredients

Leg of lamb
2 sprigs of rosemary
1 whole garlic, top cut off
5 potatoes
2 sweet potatoes
1 red onion
1 butternut squash
1 tbsp oil

Serves 4



Method

1. Place the lamb on the low rack, cover with rosemary. Place the garlic on its stalk next to the leg; drizzle all with oil, cook on full heat 240°C / 460°F for ten minutes.
2. Cut the vegetables into chunky pieces (4-5cm), drizzle with oil and season.
3. Add the vegetables to the lamb, turning the lamb over to cook on the otherside for another 10 minutes.
4. Turn again and cook for a further 30 minutes at 180°C / 350°F, turning regularly or cook until how you like it.
(When using a regular oven, pre-heat and follow method.)



Handy Hint
Serve with new potatoes, carrots, asparagus.

Cod with a Herb Crust

Ingredients

2 medium cod fillets
4 tbsp breadcrumbs
2 tbsp fresh parmesan, grated
1 tbsp fresh parsley, chopped
2 tbsp olive oil
1 tbsp fresh lemon juice
Serves 2



Method

1. Mix the breadcrumbs, cheese and parsley together. Add oil and lemon juice. Make a paste.
2. Place the cod fillets on a round oven dish, lightly greased with oil and grease. Place the paste on top of the fish, covering evenly.
3. Place in halogen oven on high grill for twelve minutes at 240°C / 440°F, or until cooked.
(When using a regular oven, place in the grill on high heat as per instructions, until cooked.)



Handy Hint
Sprinkle with paprika.

Cauliflower Cheese

Ingredients

1 Cauliflower part boiled in florets
4 tbsp crème fraîche
1 packet cream cheese
Mixed dried herbs
5 tbsp cheddar cheese grated
Serves 4



Method

1. Place the cooked cauliflower florets into a round oven dish.
2. Mix the crème fraîche with the cream cheese, mixed dried herbs and 3 tbsp of the grated cheese. Pour over the cauliflower then cover with the rest of the grated cheese.
3. Cook for 10 minutes until golden brown.
(When using a regular oven make sure you pre-heat the oven and follow as per instructions.)



Handy Hint
Use can use other fruit
instead apricots, peaches, pineapple or apple.

Pear Upside Down Cake

Ingredients

Sponge mix

4 oz / 100g self raising flour

4 oz / 100g butter

2 eggs

4 oz / 100g caster sugar

Base

3 tbsp golden / maple syrup

1 oz / 25g butter

5 glacé cherries

Tinned pear halves, drained



Method

1. Mix sponge, ingredients in a food mixer until creamed together well, or mix with a wooden spoon in a large bowl.
2. Place the golden syrup butter, glacé cherries and tinned pears in the base of a 8" or 20cm cake tin or similar. Place the cake mix on top.
3. Place the tin in the halogen oven on the lower rack, with the higher rack on top with the heat diffuser / steam rack to diffuse the heat. Or if you have not got one of these, place the higher rack on top and cover with a piece of tin foil, punched with holes, just to slow down the cooking process on the top of the cake.
4. Turn out when cooked upside down on a plate.

Handy Hint
You can use
white chocolate
instead.



Chocolate Indulgence

Ingredients

100g / 4oz self raising flour
 100g / 4oz butter
 100g / 4oz caster sugar
 3 eggs
 100g / 4oz coco powder
 100g / 4oz chocolate chips
 4 tbsp chocolate sauce
 8 chocolate squares
 Serves 4



Method

1. Mix the flour, butter, caster sugar, eggs, coco powder and chocolate chips in a large bowl with a wooden spoon or in a food mixer
2. Butter 4 ramekins and place chocolate sauce and chocolate squares in the bottom, then cover with the cake mix.
3. Place the lower rack in the base of the halogen oven and cover just below the rack with boiling water. Then place the ramekins on the rack and cook on 150°C / 300°F for 40 minutes or until cooked.
4. Serve on a plate with ice cream or thick cream.
 (When using a regular oven pre heat first and follow as per instructions, but put a tray with some water in oven to keep the cake moist.)

Handy Hint
Can use blue berries or
black berries,



Cheats Crème Brûlée

Ingredients

1 can of custard
or crème brûlée mix
24 raspberries
2 tbsp brown sugar
8 squares white chocolate
Serves 4



Method

1. In 4 ramekins place the raspberries and two chocolate squares.
 2. Mix up the crème brûlée mix or custard and pour into ramekins.
 3. Sprinkle the tops with brown sugar
 4. Place on top rack in the halogen oven on a high heat 250°C / 500°F until sugar has caramelized.
- As an alternative cooking method, use a blow torch to brown the top of the crème brûlée.



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